



8 Tips to Prevent Low Back Pain this Gardening Season



With the start of spring, many of us begin preparing our gardens, including weeding, raking, and preparing for planting. Gardening has many health benefits, but injuries can occur due to the repetitive tasks of gardening, such as bending, lifting, squatting, and kneeling.

The low back can be particularly susceptible to injury during gardening as bending, lifting, and squatting can cause you to twist your body into awkward positions or to overstretch, leading to muscle strains or sprains or persistent lower back pain.

Check out our 8 tips to prevent low back pain:

1. Always warm up before gardening with dynamic exercises.
2. Use proper lifting technique.
3. Pivot, don't twist.
4. Shuffle as you rake.
5. Use correct body mechanics.
6. Take breaks and change positions often.
7. Use ergonomic tools.
8. Create raised bed or vertical gardens to reduce strain on your back.

↓ In this newsletter you will find:

Exercise Rehabilitation for Multiple Sclerosis, Best Exercise to Improve Hip Flexor Strength, & The Role of Nutrition in Osteoarthritis Symptom Management



Exercise Rehabilitation for Multiple Sclerosis

Multiple sclerosis is a progressive neurological disease in which the immune system attacks the protective covering of the brain and spinal cord, causing damage to nerves and leading to a variety of cognitive and physical impairments.

From early stage through disease progression, physical therapy-led exercise rehabilitation can reduce functional dysfunction in MS patients, manage and address symptoms like fatigue and spasticity, slow progression of the disease, and improve quality of life.

Exercise rehabilitation can involve aerobic exercise, gait training, manual therapy, balance and coordination training, stretching exercises, pelvic floor therapy, and patient education on symptom and energy management.

Best Exercise to Improve Hip Flexor Strength



Mangiarelli Rehabilitation physical therapist Sarah demonstrates a great exercise you can do to improve the stability of your hip muscles, marching with a resistance band.

Marching with a resistance band targets the hip flexors, which are muscles located at the front of your hip and help to lift your thighs toward your chest. This exercise can also reduce pain and improve overall hip function.

The Role of Nutrition in Osteoarthritis Symptom Management



Osteoarthritis (OA) is the most common form of arthritis and involves the breakdown of cartilage around joints, causing inflammation, pain, and swelling. A balanced, nutritious eating plan that includes whole foods like fruits, vegetables, and lean protein, and is rich in antioxidants and omega-3 fatty acids provides the body the nutrients it needs to prevent further damage to joints and improve OA symptoms.

Research has shown that the Mediterranean diet can improve OA-related outcomes, improving pain, stiffness, and inflammation as well as biomarkers for cartilage degeneration.

Combining targeted physical therapy with a whole-food nutritious diet can improve osteoarthritic symptoms and enhance OA patients' overall quality of life, function, and mobility.

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